Ottawa metro

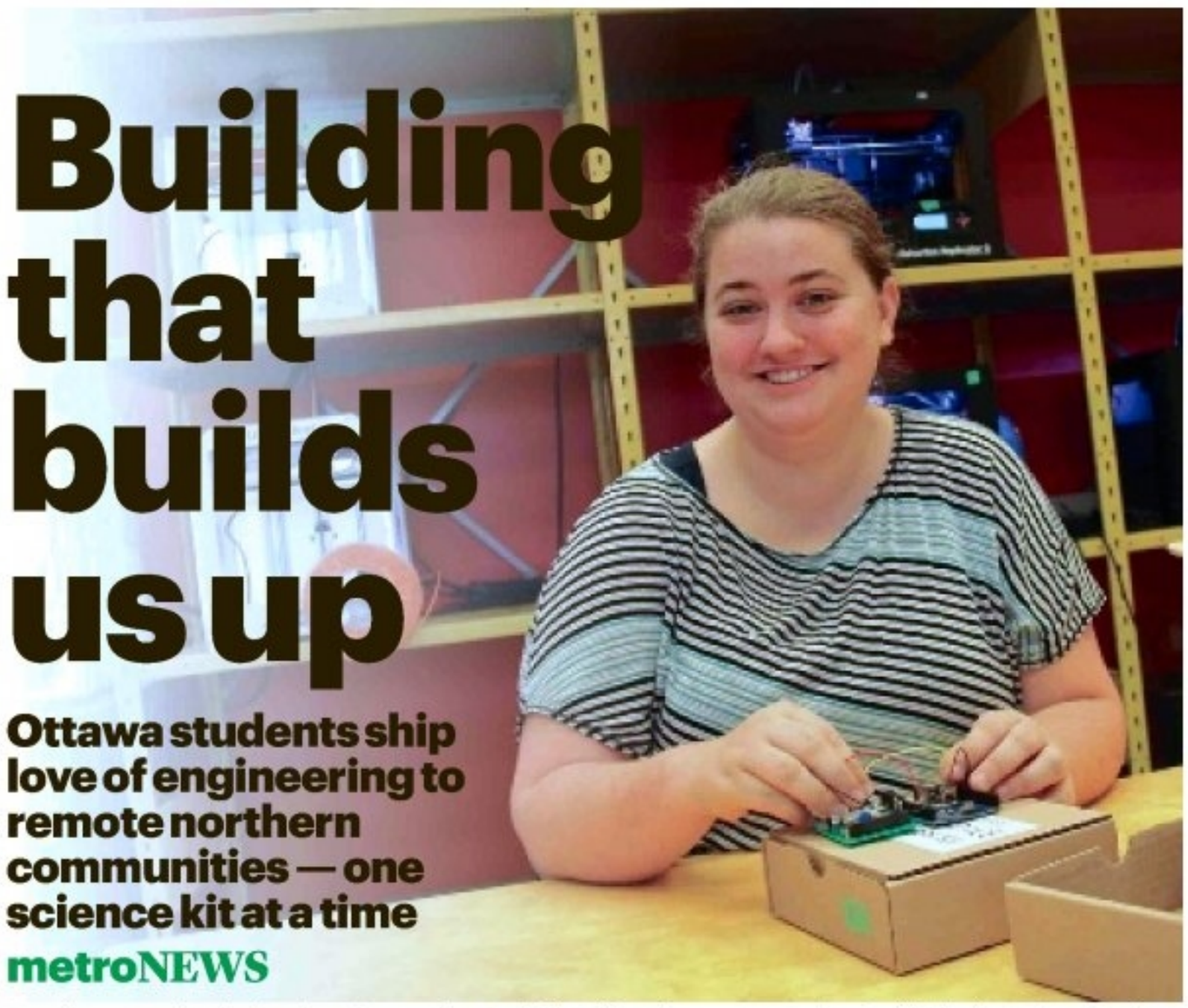
Canadian raccoons star in BBC doc
VIDEO ON THE METRO APP

Your essential daily news | WEDNESDAY, NOVEMBER 2, 2016 High 16°C/Low 7°C A mix of sun and cloud

Building that builds us up

Ottawa students ship love of engineering to remote northern communities — one science kit at a time

metroNEWS



Fourth-year mechanical engineering student Danielle Taillon demonstrates a "maker kit" in the University of Ottawa's Makerspace. HALEY RITCHIE/METRO

Officer sorry, pleads guilty

DISCREDITABLE CONDUCT

'Racist' comments posted about indigenous artist who was found dead

An Ottawa police officer apologized to his family, the force and the Inuit community Tuesday after pleading guilty to two Police Services Act charges in connection with online remarks he made about the death of indigenous artist Annie Pootoogook.

Sgt. Chris Hrnchiar — a 30-year veteran who was working as a forensic investigator at the time of the remarks — was charged with two counts of discreditable conduct under the act.

In September, Hrnchiar posted Facebook comments — described during Tuesday's hearing as "racist" — suggesting Pootoogook's death ought not to be linked to the phenomenon of missing and murdered indigenous women across Canada. Pootoogook's body was found in the Rideau River on Sept. 19 — a death that police did not originally treat as suspicious.

"This has nothing to do with missing or murdered aboriginal women," Hrnchiar posted. "It's not a murder case ... could be a suicide, accidental, she got drunk and fell in the river and drowned, who knows."

Hrnchiar, wearing a dark suit, stood and expressed his regret to a room packed with his family, friends and members of the media at the Ottawa police station.

"I'm truly sorry for my actions," he said.

Tuesday's proceedings were heard by retired York Region police deputy chief Terence Kelly, who is expected to deliver a sentence on Dec. 7.

Ottawa police Chief Charles Bordeleau previously called the comments inappropriate, saying they had racial undertones and didn't reflect the values of the service.

THE CANADIAN PRESS

Annie Pootoogook TORSTAR NEWS SERVICE

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Prime Minister Trudeau

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Justin Trudeau The Platform

Liberal

"I have a fundamentally different view than Stephen Harper of our public service. Where he sees an adversary, I see a partner. I believe that in order to have a public service that is valued by Canadians, and a source of pride for its members, it must be valued by its government. That begins with – and necessitates – respecting the labour rights of public servants, and trusting in their ability to provide effective, independent, and professional services for Canadians."

Justin Trudeau
Open Letter to Public Servants
September 25, 2015

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metro NEWS

Your essential daily news

Finance Minister Bill Morneau's economic statement boosts infrastructure spending. **Canada**

Outrage over anti-gay shirt

LGBTQ

Photo of violent message shared online by nearly 1,000 people

Haley Ritchie
Metro | Ottawa

On Saturday, Whitney Martin took an annual trip to Saunders Farm with some friends for the Halloween festivities. While sitting in the crowded lodge, one of Martin's friends noticed a shocking message on the back of a stranger's sweatshirt.

In purple capital letters on black fabric the shirt read: "ATG If you are gay, don't approch (sic) me. I'll kill you."

"We couldn't believe it. Instantly we thought 'this is hate speech' it's in writing, threatening to kill someone because of their sexual orientation, it's not right," said Martin. "It's not just saying 'I'm not OK with being gay' it's saying 'I will hurt you.' There's a line there."

Julien Clément, 18, is pictured wearing a black shirt with an anti-gay message. The photo was taken by another patron on Saturday at Saunders Farm. COURTESY WHITNEY MARTIN

The friends notified a staff member, and later a confrontation with the man wearing the shirt took place. On Monday, Martin posted a photo of the sweatshirt to her Facebook page. Since then it's been shared by close to 1,000 people and has 600 comments.

> **Saunders Farm will gladly take the brunt of this.**
> Official company statement

Many people commenting have expressed disgust with the photo, while others have defended the shirt as an example of free speech.

Angela Grant Saunders of Saunders Farm said she was "outraged" by the shirt and as soon as she was informed she asked that the man be removed by security.

"Saunders Farm will gladly take the brunt of this, if it means we can help raise more awareness for the acceptance of all people, regardless of their sexual orientation, gender, race, religion, or level of ability," reads an official statement from the farm.

The man in the photo is Julien Clément, 18, of Buckingham, Que.

He confirmed to Metro that he is the person in the photo and said he doesn't regret wearing the shirt. He said the initials ATG are the name of his "gaming clan", a group of friends who regularly play multiplayer video games together.

Around 20 young men appear in one Facebook photo wearing T-shirts and sweatshirts with the letters. In other photos, they don purple bandanas and purple masks.

Clément said he once "had a bad experience" with a gay person and now hates gay men, which is why he wore the shirt.

FINDLAY CREEK

Residents' hopes up for street widening

Findlay Creek residents who have repeatedly asked that Bank Street be widened through their community to relieve traffic pressures have been given a glimmer of hope.

"We're talking about potentially getting into a front-end agreement with the developers that are in the area now to try and advance that work," Gloucester-South Nepean Coun. Michael Qaqish told residents who gathered recently at the Fred Barrett Arena.

Qaqish said he recently met with reps from Claridge, Urbandale, Tartan/Tamarack and the Regional Group, but that nothing is set in stone.

"It's very preliminary," he said.

A front-end agreement could see developers cover the cost to widen the street to Findlay Creek Drive or Blais Road in 2018 or 2019, but be paid back without interest in 2025 by the city when development charges kick in.

ERIN MCCRACKEN/METROLAND MEDIA

COURT

LGBTQ 'purged' from military, public service jobs file class-action suits

The Liberal government is facing Canada-wide class-action lawsuits filed on behalf of LGBTQ people who say they were persecuted and forced out of their jobs in the military and federal government.

"We have been waiting patiently for the federal government to take action to address these grievances, but so far we have just had kind words and no action," Doug Elliott, a Toronto-based lawyer and veteran gay rights activist, said Tuesday.

Prime Minister Justin Trudeau is expected to make a formal apology to people in the LGBTQ community for past discrimination sanctioned by the state. It remains to be seen, however, whether the apology will be accompanied by compensation.

Elliott said the two lawsuits, filed Tuesday in Montreal and Toronto, are one way to push that conversation along should a negotiated settlement not arise.

The Ontario lawsuit is asking for $600 million in damages, while the Quebec statement of claim does not specify an amount.

Elliott said many of the people who would fall under the lawsuits, which have yet to be certified by a court, are getting older.

"I'm not going to have Mr. Trudeau apologize to a cemetery," Elliott said. "We want people to get help now, and so we can do it in a nice way — in a negotiated settlement — or we can do it in a not-so-nice way, in court."

The military and government began pushing members of the LGBTQ community out of their jobs in the 1950s, with what Elliott called the "purge" continuing even after homosexuality was no longer a crime.

THE CANADIAN PRESS

Making a difference

EDUCATION

Engineering students share skills in native communities

Haley Ritchie
Metro | Ottawa

University of Ottawa engineering student Danielle Taillon is shipping a love of engineering to kids in remote indigenous communities — one cardboard science kit at a time.

Last July, Taillon flew with her friend Justine Boudreau to Winnipeg and drove eight hours north to the community of Cross Lake.

The two engineering students were organizing a week-long science camp for kids, introducing them to computer programming and engineering. They made jewelry with a 3D printer, mapped out the community and designed houses.

During the visit, Taillon met the community members in Cross Lake and had a chance to ask sensitive questions. In the past year the community has lost six young people, in a situation that has been declared a suicide crisis.

Taillon and Boudreau know a solution to the problems facing remote communities can't be 3D printed, but Taillon said her hands-on learning approach might make a difference.

"Self worth is a big issue. By building something, there's a sense of accomplishment. It helps build you up. It's also a great way to get kids talking. As we were stringing 3D beads one day, the kids just started opened up about their struggles."

Back in Ottawa finishing her final year of school, Taillon is building lightweight "projects kits." The self-contained boxes have everything needed for small science experiments and building projects.

University of Ottawa engineering student Justine Boudreau works on a circuit board in the university's Makerspace. The equipment is part of an engineering kit that will be donated to kids in remote First Nations communities. HALEY RITCHIE / METRO

For each of the $40 kits sold to a local school, another will be shipped off to a First Nations community. They include instructions and teaching guides.

One of the projects includes everything needed to sew a stuffed Halloween ghost that includes LED lights for eyes that can change colour and blink with a little bit of easy programming.

A second project includes an Arduino board — a simple programmable circuit board that lets kids and adults experiment with electronics. The project is open-ended, allowing kids to reinvent.

"What I like about our approach to programming it that if the kids are hesitant, we'll give them just enough tools and hints to be able to solve the problem.

"It's dependent on each kid and we keep moving on to harder challenges, building up self-esteem," she said.

ECONOMY

License Airbnb landlords: Hotels

With Airbnb rentals proliferating in Ottawa, the city's hoteliers association is pressuring government officials to introduce licensing requirements for the short-term rental of private residences.

Airbnb allows homeowners to rent out a room, condo or house to guests by the night, causing concern for Ottawa hotels who fear they can be undercut by private individuals who don't pay commercial taxes.

The Ottawa-Gatineau Hotel Association says it's pushing for a "level playing field" with the online platform. President, Steve Ball met with provincial Ministry of Finance officials last month. He plans to make a formal written submission to the City of Ottawa in the coming weeks.

"There should be a registration process (for landlords), who should be required to obtain a licence to run a short-term rental," he said.

He'd like to see Airbnb only post ads from licensed landlords.

The city does not license or regulate zoning of Airbnb, said Roger Chapman, chief of bylaw and regulatory services for the city. He added that the city is not contemplating either form of regulation in the near future.

A Ministry of Finance spokesperson said the province has established a Sharing Economy Advisory Committee that's consulting with the public and affected industries. The spokesperson said the province is trying to strike a balance in developing the right regulatory and tax environment. In a statement, Airbnb said it's participating in the province's advisory committee and that it's keeping an open mind to new regulations. PETER KOVESSY / OTTAWA BUSINESS JOURNAL

RIVERSIDE

Changes upset residents

Ryan Tumilty
Metro | Ottawa

Riverside residents expressed outrage Tuesday as a plan for the former Bayview school site came back significantly changed from the one they helped draft.

After significant community consultation, a concept plan for the site along Riverside Drive was developed in 2009 and used as a guide when the city put out a call to developers to buy the land.

The new concept plan makes significant changes, eliminating a proposed fieldhouse and adding a new mixed-use development that could include commercial or retail development.

Craig Searle, with the Riverside Community Park Association, said they got little notice of these changes.

"There has been absolutely no opportunity for the community to meet in an open and transparent manner with city staff," he said.

City staff included a retail component as part of the request for proposals from developers even though the community was not interested in that.

Coun. Riley Brockington asked for more consultation, but no one on the committee was willing to do that.

Coun. Jan Harder stressed there would still be zoning hearing on the issue and the community would have a chance to put their opinion forward.

"Saying that it's a concept means that it's not finalized."

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Carlington Community Health Centre. MELISSA MURRAY/METROLAND

Carlington garden has new home

COMMUNITY HEALTH

Displaced space relocates during site expansion

Melissa Murray
Metroland Media

It's all becoming real for the Carlington Community Health Centre's expansion as construction gets underway in the next two weeks. And while the shovels get in the ground before the snow starts to fly again, a new home has been found for the community garden that is getting displaced.

Cameron MacLeod, executive director of the health centre, says the garden is moving to Carlington Park, at the corner of McBride Street and Woodward Avenue.

"That was another long process and that was probably the most emotional part of this whole thing," MacLeod said. "We have a lot of passionate gardeners that want to keep gardening."

MacLeod said the city will hook up access to water on the site this week, adding the number of beds located in the park, that make it easier for wheelchairs to garden, will be fewer than those offered at the health centre. There were more than 150 offered at the old site — he's hoping to build up to about 100 in the park.

A four-storey building is planned for the site. The current building will be used for many of the centre's services and allow it to grow.

IN BRIEF

Harder defends planners

Coun. Jan Harder had one question to defend the make-up of a new committee to advise the city on planning: "What more do you want?" Harder asked the question just before councillors voted to approve the new advisory committees. Several groups raised concerns about the new committee arguing it had too many councillors and city staff and only two members of the public. Harder argued the city goes to great lengths to include the public on land use and city plans.

RYAN TUMILTY/METRO

PARLIAMENT HILL

No end in sight for Phoenix case backlog

Ryan Tumilty
Metro | Edmonton

While the government is 75 per cent of the way through 80,000 cases stuck in the Phoenix pay system, there's another backlog of cases to which they won't even put a number.

An update Monday confirmed 22,000 of the 80,000 cases that have been backlogged in the system since July remain there even though the government's deadline for dealing with them was the end of October.

But the government has declined to specify how many cases have been added to that backlog since July, when extra staff were brought in to resolve the issue.

Chris Aylward, executive vice president of the Public Service Alliance of Canada, said the government's refusal to provide a number is deeply troubling.

"We have no idea of what this number might look like at all and that's very concerning," he said. "What is it they are trying to hide?"

Deputy minister Marie Lemay said during a briefing Monday that officials hoped to have a plan and more information on the new cases when they presented their next update in two weeks.

Aylward said public servants have lost faith in the government over this. He said people no longer want to do anything that might change their pay, because they're convinced the system will disrupt it.

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‘Need is great’ for infrastructure funds

ECONOMY

Liberals eye major spending plans as tonic for growth

The federal Liberals are placing their hopes for economic growth on increased infrastructure spending and wooing foreign investment and talent to Canada.

In an economic update Tuesday afternoon, Finance Minister Bill Morneau revealed the Liberals intend to spend an additional $81 billion over the coming 11 years on federal infrastructure projects.

“This is unprecedented in Canada’s history, and it comes at a time when the need is great,” Morneau told the House of Commons.

The Liberals are framing their double-down on infrastructure spending against the backdrop of a sluggish national economy and uncertain international growth.

Since the March budget, private sector forecasters have downgraded their expectations for the Canadian economy, predicting it will grow by 1.2 per cent in 2016-17, down from 1.4 per cent, and just 1 per cent in 2018-19, down from 2 per cent.

The slowdown is taking its toll on federal revenues, with this year’s budget deficit now expected to come in at $24.7 billion, after drawing on the $6 billion that the Liberals had set aside as a rainy day fund. Indeed, the Liberals now expect to use that contingency fund in each of the coming five years.

Private sector estimates expect Canada’s debt-to-GDP ratio to remain relatively stable over the next five years, even with the increased borrowing.

Yet the plan for higher spending and deeper deficits drew the ire of the opposition Conservatives, who accused Prime Minister Justin Trudeau of “doubling down on his failed plan.”

Total spending on new and existing infrastructure projects is expected to rise from $13 billion in 2016-17 to $17.5 billion in 2019-20, the end of the Liberals’ first mandate. Over the 11-year timeframe provided by Morneau on Tuesday, total infrastructure spending is expected to reach $186.7 billion. TORSTAR NEWS SERVICE

BY THE NUMBERS SPENDING BREAKDOWN

$23B	$21.9B	$21.9B
Amount of spending allotted for public transit	Amount of spending allotted for green projects	Amount allotted for social infrastructure

EQUALITY

UN group chides Canada for treatment of black people

A UN working group on issues affecting black people is raising alarm over poverty, poor health, low educational attainment and overrepresentation of African Canadians in justice and children’s aid systems.

The findings were made by the United Nations Working Group of Experts on People of African Descent after its first cross-Canada mission in October.

Previous attempts to visit Canada by the group failed under the former Conservative government, but it was made possible this time with an invitation by the Trudeau Liberals.

“Canada’s history of enslavement, racial segregation, and marginalization, has had a deleterious impact on people of African descent which must be addressed in partnership with communities,” the group wrote in its preliminary report.

Dena Smith of Toronto’s African Canadian Legal Clinic was happy the working group acknowledged some of the key issues faced by the community.

While the findings and recommendations are not binding, Smith said they highlight the challenges faced by African Canadians for the international community and hopefully put more pressure on Ottawa to rectify the inequities.

“The situation is only going to get worse,” said Smith. “We have families in the community torn apart at an alarming rate. The future looks pretty bleak for our young people.”

The UN delegation was in Toronto, Ottawa, Montreal and Halifax to meet with government officials, community members and rights groups to identify good practices and gaps in protecting the rights of black people. TORSTAR NEWS SERVICE

Activists from the Black Lives Matter movement lead the annual Pride Parade, in Toronto on July 3.

MARK BLINCH/THE CANADIAN PRESS

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In the final stretch of the campaign, Hillary Clinton and Donald Trump are focusing less on their visions for the country and more on what a catastrophe the other person would be in the White House. GETTY IMAGES AND THE ASSOCIATED PRESS

Candidates focusing on each other

★U.S. ELECTION★

Clinton, Trump paint the other as total disaster

Donald Trump could draw the United States into nuclear war, Hillary Clinton warns. Clinton would plunge the country into a constitutional crisis, he says.

As the caustic presidential race lurches toward the finish line, each candidate is aggressively casting the other as a catastrophic choice for the White House. Making an affirmative case about their own qualifications and vision has become a secondary priority.

It's an ugly conclusion to a contest featuring two of the most unpopular presidential candidates in modern American politics. The sexual-assault accusations that have trailed Trump in the race's closing weeks and a new FBI review into Clinton's email habits seem likely to only reinforce the public's negative perceptions, leaving the candidates to essentially argue to voters that they're the best of two unappealing options.

"I would rather be here talking about nearly anything else," Clinton said Tuesday during a rally in Florida where she levelled a series of attacks on Trump's character and preparedness for the White House. "But I can't just talk about all of the good things we want to do."

Indeed, Clinton's speeches in this final full week of campaigning have overwhelmingly focused on Trump. On Monday, she warned against giving Trump the authority to order a nuclear attack, bringing along a former nuclear launch officer to bolster her point.

"Imagine his advisers afraid to tell him what he doesn't want to hear, racing against his legendarily short attention span to lay out life-and-death choices too complex to be reduced to a single tweet," Clinton said Monday in Ohio. "Then imagine him plunging us into a war because somebody got under his very thin skin."

After spending much of the summer and fall tearing Trump down, Clinton had planned to close the campaign on a more positive note. She talked about giving Americans something to vote for, not just against. And with public opinion polls showing her with solid leads in most battleground states, she started talking about healing divisions and unifying the country after the election.

But her advisers say they saw polls tighten even before the FBI launched its new email review. The campaign now believes she needs to make a last push to define Trump as an unacceptable choice in order to seal the deal with persuadable voters.

On Tuesday, Clinton focused on Trump's demeaning and predatory comments about women, calling him a "bully." This time she brought with her former Miss Universe Alicia Machado. Trump criticized Machado for gaining weight after winning the 1996 contest.

Trump's campaign rhetoric has always been dark, full of searing depictions of a crumbling nation, and he has not been shy about going negative on Clinton. He routinely calls her "Crooked Hillary" and "the most corrupt person ever to run for the White House."

THE ASSOCIATED PRESS

Major urban warfare lies ahead for Mosul

Iraq's special forces fought their way into the outskirts of Mosul on Tuesday, taking its state television building despite resistance by Daesh that is only likely to stiffen when combat reaches the inner city.

It was the first time Iraqi troops have set foot in Mosul in more than two years. The advance was the start of what is likely to be a grueling and slow operation for the forces as they fend off booby traps and ambushes in difficult, house-to-house fighting expected to take weeks.

Troops entered Gogjali, a neighbourhood inside Mosul's city limits, and later the outskirts of the more built-up Karama district, according to Maj. Gen. Sami al-Aridi of the Iraqi special forces.

Inside the village of Bazwaya, five kilometres east of Mosul, white flags hung from buildings, put up a day earlier by residents eager to show they would not resist the Iraqi forces' advance. Some residents stood outside their homes, and children raised their hands with V-for-victory signs. THE ASSOCIATED PRESS

An Iraqi boy who was displaced from the village of Abu Shuwayhah, south of Mosul, carries a white flag as locals return to their village after the arrival of Iraqi forces. AFP/GETTY IMAGES

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HOUSING MARKET

Debt risks better addressed by lawmakers: Expert

Bank of Canada governor Stephen Poloz says risks from household debt and the housing market will be better addressed by the government's recent policy moves, not by adjusting interest rates.

In a speech in Vancouver, the head of Canada's central bank said adjusting interest rates is a "very blunt tool," which has widespread effects.

"Our view is that these so-called macroprudential policies are best placed to deal with threats to financial stability because they can be designed to target specific financial vulnerabilities," Poloz said Tuesday.

"Given all the work done to strengthen the global financial system over the past few years, it makes even more sense to separate monetary policy from efforts to stabilize the financial system."

2%

The central bank and the federal government kept their inflation target at 2 per cent.

Household debt levels have hit record levels in recent years and housing markets have boomed, helped by low interest rates that have allowed consumers to borrow cheaply.

"We acknowledge that there is always uncertainty around the outlook for inflation, and developments in the financial system bring uncertainties for financial stability," he said.

"These uncertainties generate a zone within which we can tolerate variations in either the risks to our inflation outlook or risks to financial stability."

The central bank and the federal government renewed their framework agreement last week. The target was kept at two per cent, the midpoint of a range of one per cent to three per cent that the central bank deems acceptable.

THE CANADIAN PRESS

Canada Post will replace the locks on thousands of community mailboxes after a number of them were frozen shut last winter.

RYAN REMIORZ/THE CANADIAN PRESS

Canada Post to replace mail locks

MAINTENANCE

Thousands of faulty boxes frozen shut last winter

Canada Post is replacing the locks on thousands of community mailboxes after an "unacceptable" number of customers had their mailboxes frozen shut last winter.

Spokesman Jon Hamilton says the locks on community mailboxes are being replaced in communities that include Ottawa, Montreal, Quebec's eastern townships, Bathurst, N.B., Halifax, Charlottetown and St. John's.

He says the postal agency began notifying customers about the lock replacement in September, advising them that the change would be coming.

Customers whose mailbox locks are being replaced are sent a new set of keys about two weeks before the change is made.

Hamilton says the lock replacement is now underway and the work will continue for the next few months.

He says Canada Post wants customers to continue to contact the Crown corporation if they have problems with their mailboxes.

"Last winter we had an unacceptable level of customers experiencing frozen locks, mainly in Eastern Canada," Hamilton said in an interview. "We're going back to those areas where we had issues and replacing the locks for the community mailboxes in those areas."

Hamilton noted that not everyone who will have their locks replaced experienced issues last winter, but Canada Post is nonetheless taking the action to prevent future problems.

The previous problematic locks were particularly susceptible to freezing rain and flash freezes, Hamilton explained, but the new locks have been tested to withstand such conditions.

The lock replacement effort comes as Canada Post's community mailbox expansion plan is currently uncertain.

THE CANADIAN PRESS

IN BRIEF

Oil company sells pipeline for $3.7B

Pipeline company TransCanada says it expects to realize US$3.7 billion from the sale of its U.S. Northeast power business to two buyers.

It announced earlier this year it would sell the assets in order to finance its purchase of the Columbia Pipeline Group.

TransCanada also announced it plans to maintain full ownership interest in its Mexican natural gas pipeline business and said it would raise $3.2 billion through a bought deal offering of common shares.

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news

PHILOSOPHER CAT by Jason Logan

SAMANTHA EMANN ON REAL EFFECTS OF DIGITAL HARASSMENT

Virtual reality is lifelike in a way we have never experienced. It's not a stretch to imagine that getting virtually groped or stalked can also feel real.

Virtual reality (VR) has become the Wild West of the gaming world. Immersive games that make use of 360-degree screens, lifelike controls and headsets like the Oculus Rift are a new frontier that is exciting and filled with the potential for great things.

But like the real Wild West, that freedom comes with a darker side. And one aspect of that is sexual harassment.

The way we talk about and handle sexual harassment and assault is changing, slowly, thanks in large part to women who spoke out and told their stories. And that's true in the virtual world, too.

Take Jordan Belamire (not her real name) who wrote on Medium.com about her experience being sexually harassed on the virtual multiplayer game QuiVr. A fellow player, after figuring out she was female, used his character to virtually rub her character's chest and genital area. Despite her efforts to dissuade and disengage, this player continued to follow her around the gaming space until, finally, she gave up and threw off her headset.

While sexual harassment in VR is not the same as real life, its effects need to be taken seriously.

"I've been groped in real life, once in a Starbucks in broad daylight. I know what it's like to happen in person," Belamire, 30, told CNN. "The shock and disgust I felt (in QuiVr) was not too far off from that."

But the feedback Belamire received on social media was reported to the tune of, "Please explain how someone can be assaulted in any form using VR. This seems to be someone whining just to whine."

Experiencing games and apps in VR feels lifelike in a way we have never previously experienced. It's not a stretch to imagine that negative things, like getting virtually groped or stalked, can also feel real. Yet we are supposed to treat it like just another game.

And, as tech journalist Taylor Lorenz told me, it's not in any company's best interest to have sexual harassment on their platform. No one wants to pay for an unpleasant or even traumatizing experience.

In response to Belamire, QuiVr's developers started allowing players to choose to put a virtual shield around their character, which makes both the target and the harasser invisible to one another.

There is room to be sex-positive in the new virtual-reality world.

I applaud them for offering a solution that gives some power to those being harassed. But I believe that's not enough. It's a Band-Aid. It's too focused on victims and not enough on reprimanding perpetrators. There needs to be consequences for virtual creeps within the games themselves, including banning serial harassers from being allowed to play at all. Some companies are already doing things like this.

Keeping sexual harassment out of gaming doesn't mean keeping sex out of it. There is also room to be sex-positive in this new VR world — with the right education.

"We have to have intelligent conversations and thoughtful sexual experiences through games because we are bridging that gap between what is real and what is not … and it's not wrong to want to go and try and experience something in VR that is along pornographic lines as long as everything is consensual," said Leah Jewer, the co-founder of Girls on Games, an organization that promotes gender diversity and inclusivity in gaming.

Her co-founder, Catherine Smith-Desbiens, told me sexual harassment is "not just a symptom of the gaming world, it's a symptom of rape culture. It's a very systemic problem. We have to attack the trolls the same way we have to convict the sexual offenders."

Admitting virtual harassment is a problem is not equating it to real-life assault.

The adage "Boys will be boys" is no longer an acceptable excuse for violating and harmful conduct. We cannot be content with "Trolls will be trolls," either.

It's not who we are, as gamers or as people. And if more of us are willing to talk about this issue, instead of scoffing at it, the better off our diverse and inclusive virtual community will be.

Samantha Emann (@smemann) is a copy editor. She is a co-host of Scrub League, Metro's podcast on competitive gaming. (metronews.ca/scrubleague).

Down with the made-up idea that makeup is a tool of the patriarchy

Vicky Mochama
Metro

I recently got into the habit of watching makeup tutorials before bed. You can find them all over social media. I have seen countless tutorials, yet my eye shadow strategy still amounts to "smudge some stuff around your eyes." But in watching people transform themselves with makeup, I've had to think about my relationship with it.

As a pre-bed ritual, these videos fascinate because they're like home renovation shows. Every one is like a mini episode of Holmes on Homes. I know I will never remember how to shift a load-bearing wall, but I can admire how the new open-concept living room/kitchen makes the house feel bigger. Makeup is a personal renovation; even covering up can reveal something new.

Some of the magic relies on contouring, which uses bronzers, concealers and foundations to give shape to one's face. That we can slightly shift our noses with high-level brushwork and a minimum of three products is a true merger of art and science.

Inspired by this, I wander into a beauty emporium to pick up some of the products that I've seen. At Sephora, a glamorous creature in black asks all questions that I had not thought of: "What's your skin type?" "Do you have an angled brush set at home?" "What are you trying to achieve with your eyebrows?"

The answers in order: Visible, I've never seen one but anything's possible, and world domination.

Once, I answered 'combination skin' because 'all of the above' is a plausible answer. The employee lifts my chin with a single finger, peers at me and says, "Oh, no. You have dry skin." And he was right! I have had my skin on my face for my whole life, yet I never noticed that it was dry. This stunning beautician was my personal Mike Holmes and he was here to make it right.

I used to believe that makeup was yet another tool of the patriarchy. The extra 20 minutes I spent getting ready was one more way that men had tricked me into wasting my own time. I could have been learning the sciences or how to do a lay-up in that time.

But as it turns out, the fact that I can't do a lay-up has nothing to do with the patriarchy or my blush. It's mostly that I'm not interested. As CoverGirl has shown in appointing its first male CoverGirl, makeup isn't inherently about gender or feminism. There are things that some people are interested in — like watching people put makeup on — and things they are not, like whether one's skin is dry or combination.

At some point in your feminist education, you learn pretty much everything is a construct. Race is a construct. Gender is a performance. If everything is made up, then why not your face?

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The Weeknd to be face of H&M spring menswear line

BOOK EXCERPT **SLOWER IS BETTER BY RICARDO**

Ribs with a nod to tradition

Richardo Larrivée PROVIDED

Ricardo Larrivée is back with 75 new delicious recipes — including some amazing vegetarian dishes, moth-watering desserts, breakfasts and more — in Slower Is Better: From a Taco Fiesta to Chocolate Pudding Cake (HarperCollins).

Following the success of his other book, Slow Cooker Favourites: From Lasange to Creme Brulee, Larrivée continues to offer some great new slow-cooking options, showing foodies how to make cooking easier, more efficient and tastier than ever before.

The following two recipe excerpts are perfect options for a weeknight meal or a weekend treat.

Marsala-braised short ribs

Preparation: 45 minutes
Cooking: 8 hours
Servings: 4
Warm: Up to 6 hour. Freezes well

Short ribs are usually spotted on restaurant menus, which is why these have major star quality. The slight sweetness is courtesy of the dried currants, and the texture is a nod to traditional pork ribs. Except these are beef. And much fancier.

Ingredients:
- 3 tbsp (45 ml) cornstarch
- 2 cups (500 ml) beef broth
- 4 lb (1.8 kg) beef short ribs, cut between each bone
- 2 tbsp (30 ml) olive oil
- 1 1/2 cups (375 ml) Marsala wine
- 2 cups (500 ml) veal stock
- 2 oz (55 g) chorizo sausage, diced
- 1/4 cup (35 g) dried currants
- 4 shallots, cut into thick slices
- 2 carrots, cut into small dice
- 2 stalks celery, cut into small dice
- 1 sprig fresh thyme
- Salt and pepper

WINE

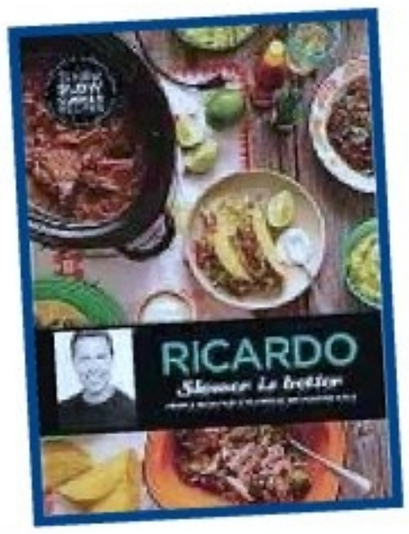
Wine pairing
A red wine from the Douro region of Portugal pairs perfectly with these short ribs: It offers just enough tannin to create contrast and ripe fruit flavours to complement the sauce.
RICARDO LARRIVÉE

Directions:
1. In a bowl, dissolve the cornstarch in the broth. Set aside.

2. In a large skillet over high heat, brown half of the meat at a time in the oil. Season with salt and pepper. Transfer to the slow cooker. Deglaze the skillet with the Marsala. Let reduce for 1 minute. Add the broth mixture and the veal stock. Bring to a boil, stirring constantly. Pour into the slow cooker.

3. Add the remaining ingredients. Cover and cook on Low for 8 hours. It can be maintained on Warm for up to 6 hours.

4. Serve with Barley Risotto and a vegetable of your choice.



RECIPES FROM SLOWER IS BETTER: FROM A TACO FIESTA TO CHOCOLATE PUDDING CAKE BY RICARDO LARRIVÉE ©2016. PUBLISHED IN ENGLISH BY HARPERCOLLINS PUBLISHERS LTD.

Vegetable frittata

Preparation: 30 minutes
Cooking: 3 hours
Servings: 8
Warm: Up to 1 hour

This dish is twice as nice: a sumptuous, custardy omelet for dinner, and a frittata sandwich the next day — your new lunch staple. Get cracking!

Ingredients:
- 2 tbsp (30 ml) unbleached all-purpose flour
- 1 tsp (5 ml) baking powder
- 1/2 tsp (2 ml) salt
- 10 eggs
- 1 1/2 cups (375 ml) milk
- 4 cups (95 g) baby spinach, chopped
- 2 cups (140 g) small broccoli florets
- 2 large tomatoes, seeded and diced
- 2 green onions, thinly sliced
- 1 cup (100 g) grated mozzarella cheese
- 1/4 cup (20 g) grated Parmigiano-Reggiano cheese
- 1/4 cup (10 g) chopped fresh basil
- Pepper

Directions:
1. Butter the inside of the slow cooker and line the bottom with a strip of parchment paper, letting it extend upward on two sides.

2. In a bowl, combine the flour, baking powder and salt. Whisk in the eggs until smooth. Stir in the milk. Add the vegetables and half the mozzarella cheese (1/2 cup/50 g). Season with pepper. Pour into the slow cooker. Sprinkle with the remaining mozzarella (1/2 cup/50 g) and the Parmesan cheese.

3. Cover and cook on Low for 3 hours. It can be maintained on Warm for up to 1 hour.
4. Run the blade of a knife between the unlined portion of the cooker and the frittata. Remove the frittata from the slow cooker. Sprinkle with the basil.

5. Serve warm or cold.

Payton's new role full of charisma

INTERVIEW

Walking Dead actor went from fandom to King Ezekiel

The Walking Dead's newest cast member, Khary Payton, stands behind the show's controversial season 7 premiere, noting "it was a brutal episode but it was also six years in the making."

Payton's new character, King Ezekiel, was introduced in Sunday's episode, a week after the gruesome season opener in which two characters were killed in vicious fashion.

"This is a zombie apocalypse — you're going to lose people that you care about," Payton said Monday in a phone interview.

"I think if it happened in a Shakespearean way in which all the action takes place offstage and someone just runs in and tells you Glenn died, everybody is going to be disappointed. There's a certain amount that you have to experience in order for you to be satisfied, from a storytelling aspect.

"And the truth is that if you've been connecting with characters for several years and you're invested in them, it's supposed to be brutal when they go — that means that they meant something to you and that's what we're trying to do with this show. And frankly, if there is no conflict, then there is no drama."

As leader of a community called the Kingdom, Payton's charismatic character sits on a throne with a snarling tiger (which is created with special effects in post-production) by his side. He offers his followers protection from threats in the outside world — be they living or dead. He appears to be an ally for Rick and his group, who are reeling from their deadly encounter with Negan and his gang, the Saviors.

Payton, who hails from Georgia, acknowledges there is a duality to friendly King Ezekiel.

"I think when you're living in a crazy world, you've got to somehow deal with it in maybe an unconventional way," said Payton.

"It's like that Seal song, 'We're never gonna survive unless we get a little crazy.'"

The character stems from the comic books that inspired the AMC series, but the onscreen version has some differences.

"I enjoy reading the comic books, but I don't put any stock into the way that the comic books are going and what we might do on the TV series itself," said Payton.

The Walking Dead's newest cast member, Khary Payton, who plays King Ezekiel, stands behind the show's controversial season 7 premiere. THE CANADIAN PRESS/HO-AMC, GENE PAGE

> **The thing that you fight in this show is your own sense of humanity.**
> Khary Payton

"Every time I think I've got it figured out, (writer-producer) Scott Gimple will throw me a curveball. So I just try to keep myself open to all the possibilities."

Payton said he was a fan of the show before landing the role, so it was easy to integrate himself into the cast. But he had to keep the part a secret.

"I've done video games and things where they want you to keep it a secret for two years," said Payton, who has also voiced characters for several animated series including Teen Titans and Young Justice.

"But this was about six months of not being able to talk about this story and three months of not being able to even say that I was on The Walking Dead, so it's been a long time.

"When I shot the first episode, they threw a sheet over me and I had to dive in the back of the transportation truck and make sure that no one saw me coming or going — and fortunately nobody really knew who I was, so it was pretty easy.

"But it was also kind of a weird experience to get the biggest job of my life and not be able to say a word about it."

Payton couldn't say much about future episodes, but noted that when it comes to fighting villains, there's a bigger picture at play.

"I think the thing that you fight in this show is your own sense of humanity and how much of your humanity you're willing to give away to fight, to survive — are you going to live or are you just going to merely survive?" he said.

"The villains may change but at the end of the day the fight is within really yourself."

THE CANADIAN PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Family drama preaches to the secular choir

THE SHOW: This is Us (CTV) Season 1, Episode 4
THE MOMENT: The sermon in the store

Sterling K. Brown gives a nuanced performance as adoptee Randall in CTV's This is Us. CONTRIBUTED

Randall (Sterling K. Brown), who was adopted at birth by a white family, is shopping for pants with his birth father William (Ron Cephas Jones), whom he met only recently. Earlier, Randall's neighbor had called security because she thought William was a vagrant, and Randall had waved off the incident.

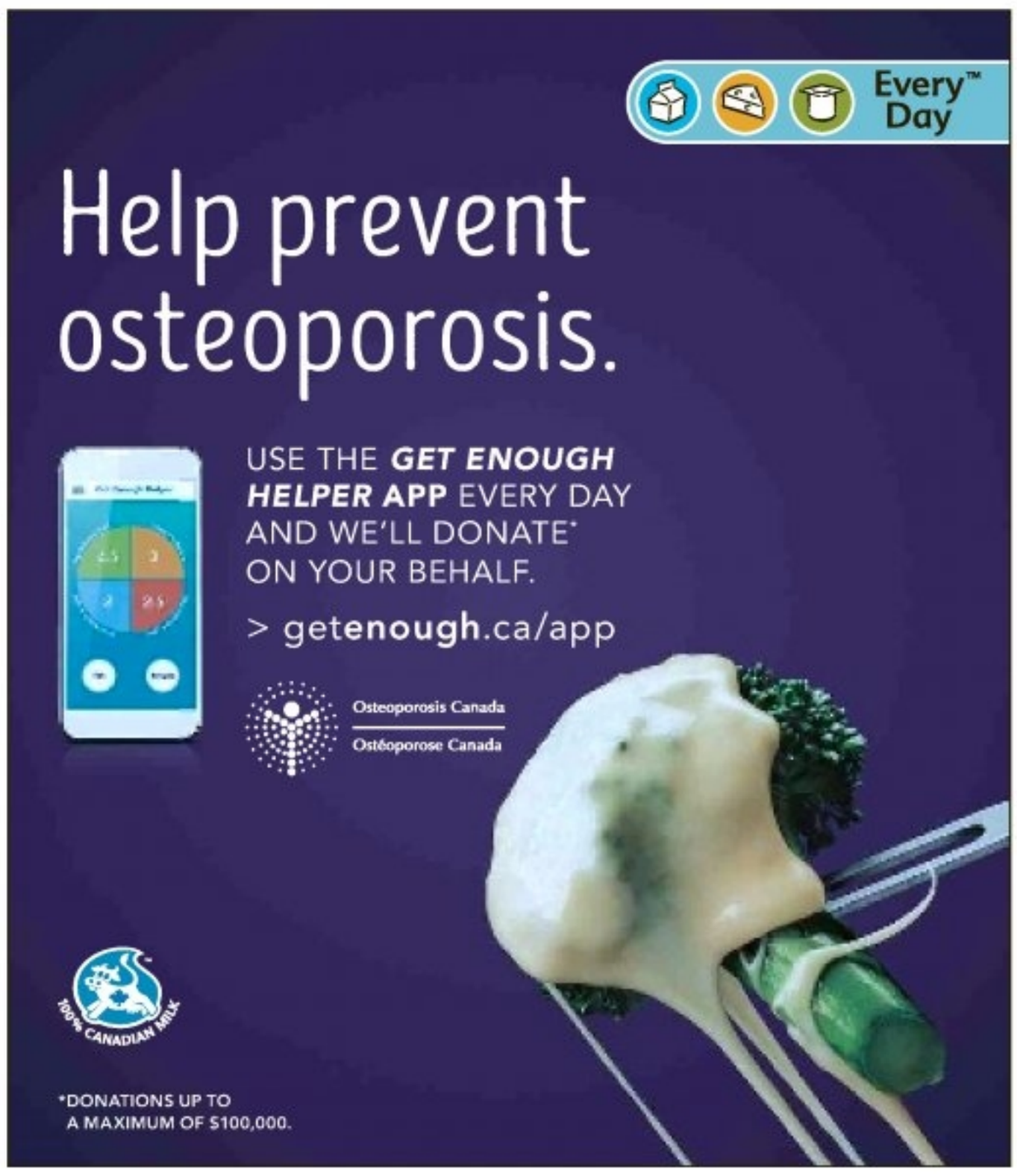
"You didn't like me apologizing for you," Randall says now. "Because I grew up in a white house, you think I don't live in a black man's world."

William protests, but Randall continues: "You know the one — where that salesman has been eyeballing us ever since we came in. Where they'll ask for an ID with my credit card, even though they haven't asked for anybody else's. Plus a million things every day that I have to choose to let go. Just so I'm not pissed off all the time. Now try on the damn flat-front chinos."

This Is Us is the kind of precision-crafted, network family drama — think Parenthood, Brothers & Sisters, thirtysomething — that acts as a secular church, communicating to us the rules of civil society. We witness good people navigating life's quandaries, and assess whether their choices are right or wrong.

This may seem square given our current jones for antiheroes, where we delight in watching flawed people make bad choices. But as last May's record-breaking response to the teaser trailer for This Is Us proved (60 million Facebook and YouTube views), if a secular-sermon show is written and cast as well as this one, there's a real hunger for it.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.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Beautiful Maserati Alfieri reportedly delayed again

The Cruze leaves smiles for miles

REVIEW

Five-door adds a sporty option to the Chevy family

Michael Accardi
AutoGuide.com

In the perpetual renaissance city of Detroit, Chevrolet has introduced a car it hopes will spark a five-door renaissance in North America: the 2017 Cruze Hatchback.

This marks the first time North American shoppers are offered the Cruze in multiple body shapes, and Chevrolet is hoping the hatch's 47.2 cubic feet of cargo capacity, coupled with the brand's commitment to connectivity, will help introduce the Cruze to a new set of buyers.

The Mexican-made five-door gives the Cruze lineup a functional and sporty-ish choice that the brand hopes will appeal to a more male, more affluent and more urban-centered user base than the sedan.

Further aiding Chevy's drum for new drivers is the addition of a 1.6-liter diesel engine in 2017, which will be available at multiple price points across the Cruze family in the hopes of courting spurned Volkswagen TDI lovers.

Premier shoppers can go one further and opt for the Driver Confidence II Package, which adds IntelliBeam automatic highbeam control, forward collision alert, following distance indicator, and lane departure warning with lane keep assist.

The 153-horsepower 1.4-liter turbocharged four-cylinder carries over from the sedan, as does its 106.3-in wheelbase, the biggest change — besides its new found booty — is an eight-inch shorter overall length, which conspires to change everything.

Inside, the new hatchback posts its most significant gains over the four-door in carrying capacity, dwarfing its sibling by almost double with the seats up, and triple with the seats down. I was told the sedan and hatch actually share rear doors, as evidenced in the modest headspace gains, but the five-door does add a feeling of airiness along with improved rearward visibility.

The 2017 Chevrolet Cruze Hatchback isn't a car that will make memories in and of itself, but instead, it's a tool that Chevy hopes will offer shoppers the freedom to make new memories wherever the road may take them.

No, it's not a Focus RS, Civic Type R, or even a VW GTI, but that doesn't mean the 2017 Cruze hatch doesn't have plenty of smiles-per-miles potential. It's just a different type of smile, one that doesn't come from the visceral thrill of driving, but from the warm and fuzzy memories of a time well had.

THE CHECKLIST | 2017 CHEVROLET CRUZE HATCHBACK

THE BASICS

Engine: 1.4L turbo 4-cylinder
Power: 153 hp, 177 lb-ft of torque)
Transmissions: 6-speed manual, 6-speed automatic
Fuel Economy (L/100km): 8.3 city, 6.4 hwy, 7.4 combined (LT manual)
Price: $20,595

LOVE IT
- Rigid chassis = more fun
- Sharp styling
- Light and airy cabin

LEAVE IT
- Tire noise in Premier trim
- Manual gearbox is boring
- Automatic feels slow
- Still no spice

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Comedian Jay Leno's amazing garage

CAR COLLECTIONS

A rare visit uncovers old gems and new shiny projects

Sami Haj-Assaad
AutoGuide.com

As I was closely inspecting a pristine Lamborghini Miura S, I hear a phrase I haven't heard in a long time: "Excuse me, sir, don't touch that."

Oh right, I'm not at an auto show where I can lay my hands on all the cars, but instead, I'm looking at a private collection worth an unimaginable amount of money.

When you think of a car collector, you typically think it's a person who is just hoarding cars in the hope they'll appreciate in value some day. Sure, that person may have an interest in cars, but where I am today can only be described as a car collection for car people.

This is Jay Leno's garage, and as much as the former host of The Tonight Show is known for his stand-up and stage presence, it's clear he has a serious passion for things that move.

He has his own successful YouTube channel where he hosts celebrities and talks about some of his cars, and by watching those videos, you can get a good idea of what his garage is like, but it's nothing like the real deal.

This place is way bigger than what you see in the videos. There are cars everywhere and they're in great condition. They all have keys in them and the walls and shelves are filled with memorabilia. The place looks like a normal car guy's garage but multiplied by 50.

I arrived at the garage as part of a BMW Motorrad event. Leno loves motorcycles. He also loves pretty much anything else with wheels — sports cars, sedans, convertibles, classics, steam-powered cars and even ones with jet engines.

Shortly after, Leno launched into a full tour. Armed with a mic and his automotive enthusiasm, he commandeered the room. He pointed out an old pre-war Mercedes sitting in the corner, which was gutted; its giant pistons exposed and in plain view.

Jay Leno's garage sports a wide variety of hot wheels. COURTESY BMW

Jay Leno. COURTESY BMW

It's interesting that although this collection is already huge, Leno still manages to make it bigger and bigger. What's clear is that he's actually commuted in many of these cars, using them like regular people would a Toyota Corolla or Honda Accord.

We continued to shuffle through the various garages. "There's a bunch of Italian cars," Leno says as we walk past them. The walls are covered in giant paintings of old car ads. Leno laughs at one of the images, "Sometimes they like the throw me in the pictures too." Sure enough, one of the characters in the ads looks just like him.

We arrive outside and are greeted with the sight of an MTT Y2K Turbine Superbike, one of Leno's favourite bikes. It looks awkward and big, but when it's finally fired up, the little thing sounds like an airplane. It smells funny, too. Leno jokes that since this uses a combination of diesel, kerosene and bio-fuels to run, it's classified as an alternate fuel vehicle. He takes it for a spin around the block. He explains that the two-speed bike is hard to get used to, as there's a slight delay on throttle on/off.

While it was clear that demonstration was the highlight of the night, Leno invited us to follow him into a few more corners of his garage, where there were more unfinished projects and soon to be completed cars. A strange contrast from before, a bunch of us helped Leno by pushing the bike into the garage. What happened to the no touching rules?

I make sure to shake Leno's hand before we leave. It's rare to meet someone who has a collection that they actually work on and drive the way they were meant to be.

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metro SPORTS

John Herdman, who led Canada to a bronze medal at the Rio Olympics, is one of 10 contenders for FIFA women's coach of the year

Nunes clash 'definitely one of my last fights': Rousey

MMA

UFC 207 title bout could be beginning of end for star

Ronda Rousey says her bantamweight title shot against Amanda Nunes at UFC 207 will be one of her final mixed martial arts bouts.

Rousey spoke about her fight Tuesday during an appearance on Ellen DeGeneres' talk show.

The 29-year-old Olympic judo medallist hasn't fought since November 2015, when she lost her title to Holly Holm.

Champion Amanda Nunes GETTY IMAGES

When asked how much longer she will continue fighting, Rousey replied: "Not that long."

"I'm wrapping it up," Rousey added. "This is definitely one of my last fights, so everyone better watch, because the show isn't going to be around forever."

Rousey (12-1) said she has been training twice a day since early August for her comeback bout. She will face Nunes (13-4) at T-Mobile Arena in Las Vegas on Dec. 30. Rousey became one of the world's most famous female athletes and a top pay-per-view draw during her meteoric MMA rise. She was the first women's bantamweight champion in UFC history, and she defended her belt six times before her stunning loss to Holm in Australia.

The 135-pound title has changed hands twice since Rousey's defeat. Nunes won it with a first-round stoppage of Miesha Tate at UFC 200 in July.

Holly Holm lands a solid punch to then-champion Ronda Rousey's face during their title bout at UFC 193 in Australia, 2015. It was Rousey's only loss in the UFC and it was one that has kept her out of the sport for a year. QUINN ROONEY/GETTY IMAGES

> **He's got me domesticated now, a little bit.**
> Ronda Rousey on her UFC boyfriend Travis Browne

Rousey described the month-to-month rigours of training as the most difficult part of a fighting career.

"I think it's more the build-up that's more tiring than anything else," Rousey said. "It's the weeks and weeks of buildup beforehand, where you know you're fighting this one person, and it's like this showdown and the most important thing in your whole life, and then millions of people are watching.

"It's that buildup for weeks on end. If (the fight) happened right now, I wouldn't be nervous. It's the waiting."

Rousey has taken several acting jobs in the past few years. She also spoke about a comfortable personal life with her boyfriend, UFC heavyweight Travis Browne. "He's got me domesticated now, a little bit," Rousey said.

Rousey even confirmed she is in a knitting club with actor Kat Dennings, dubbed The Yarn and the Restless. THE ASSOCIATED PRESS

GOLF

Bahamas return for Tiger

Tiger Woods said Tuesday he is playing his Hero World Challenge in the Bahamas the first week of December, which would be his first competition in more than 15 months if he follows through with it.

Woods left himself open to doubt by entering the Safeway Open last month, only to pull out three days later when he said his game was not ready. "I am excited to make my return at the Hero World Challenge at Albany," he said in a news release that announced the 18-man field for the unofficial tournament that awards world ranking points but is not part of any tour.

Woods is the tournament host of a holiday event that began in 1999. He is a five-time winner, all of those victories coming at Sherwood Country Club in Thousand Oaks, Calif., before the tournament moved to Isleworth in Florida and then to the Bahamas.

Woods, now at No. 831 in the world ranking, last played in the Wyndham Championship in August 2015 when he tied for 10th. He had two back surgeries over the next few months and has said he would not return until fully healthy. THE ASSOCIATED PRESS

831

Tiger Woods' current world ranking.

WORLD SERIES INDIANS HOPE HOME COMFORTS PAY OFF Cleveland fans line up outside of Progressive Field ahead of Game 6 of the World Series between the Indians and the Chicago Cubs on Tuesday. With a 3-2 series lead, the hosts had the opportunity to win their first World Series since 1948. Go to metronews.ca for the result of this game and more. CHARLIE RIEDEL/THE ASSOCIATED PRESS

IN BRIEF

3-point master Allen retires

Ray Allen announced his retirement from the NBA on Tuesday, ending a career that saw him make more 3-pointers than any player in league history and win championships with Boston and Miami.

Allen last played with the Heat in 2014. Allen spent 18 seasons in the league with Milwaukee, Seattle, the Celtics and then the Heat. He made 2,973 3-pointers, 413 more than anyone else has to date. THE ASSOCIATED PRESS

CFL weekly award goes to Elimimian, Reed and Madu Jr.

B.C. Lions linebacker Solomon Elimimian and Ottawa Redblacks teammates Taylor Reed and Mossis Madu Jr. are the CFL's top players for Week 17.

Elimimian had 10 tackles and two sacks as the Lions defeated the Saskatchewan Roughriders 24-6 on Saturday. Reed, a linebacker, recorded a career-high 12 tackles in the Redblacks' 23-10 victory over Winnipeg at Investors Group Field on Saturday. THE CANADIAN PRESS

NFL

Roethlisberger not ruled out for Ravens

Mike Tomlin isn't underestimating Ben Roethlisberger's healing powers. The Pittsburgh Steelers coach is keeping the door open for his franchise quarterback and his surgically repaired left knee to return on Sunday in Baltimore.

Roethlisberger tore cartilage in the knee during the second quarter of a loss to Miami on Oct. 16 and underwent outpatient surgery the following day. He stood on the sideline in sweatpants while backup Landry Jones played capably in a 27-16 loss to New England and was able to practise during Pittsburgh's bye week and again on Monday.

Ben Roethlisberger GETTY IMAGES

The main issues for Roethlisberger are swelling and pain tolerance, things that have hardly been a deterrent to Roethlisberger in the past. THE ASSOCIATED PRESS

RECIPE Easy Broccoli and Cheese Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Is there any need to sell this soup to you? It's got the two best sales pitches right in the name "easy" and "cheese." OK, broccoli gives you lots of vitamin C , but, honestly, does that compete with cheese?!

Ready in 35 minutes
Prep time: 10
Cook time: 25
Serves 4

Ingredients
- 4 cups broccoli florets and stem (cut off tough ends) chopped fairly small
- 1 onion chopped
- 2 cups chopped, peeled potato
- 2 cloves garlic minced
- 1 glug olive oil
- 4 cups stock (vegetable or chicken, low sodium)
- 1 1/2 cups milk
- 1 cup grated cheddar
- 1/4 cup grated Parmesan
- salt and pepper to taste

Directions

1. Sauté onion and garlic in a Dutch oven or other large, heavy-bottomed pot for about 5 minutes until soft.

2. Add vegetables and stock and allow to simmer for about 20 minutes until the vegetables are tender.

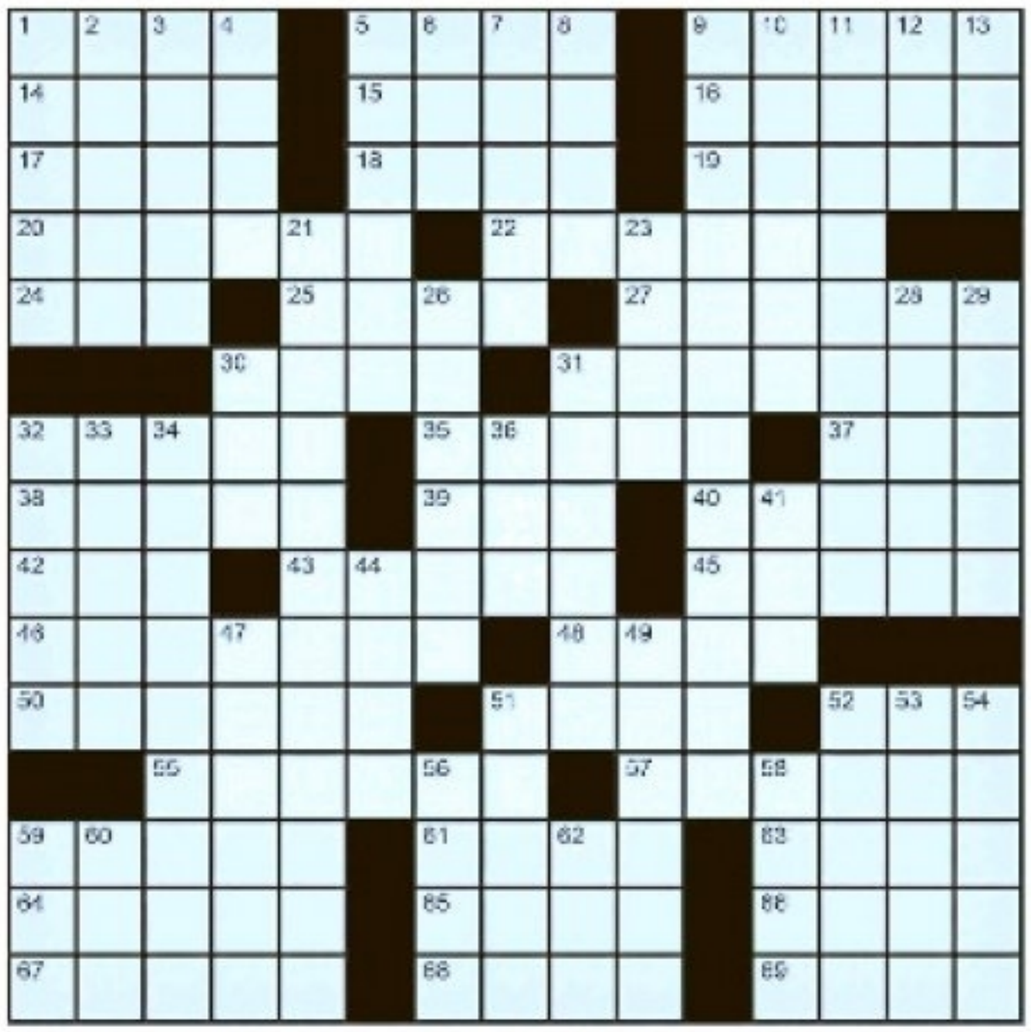
3. In small batches, ladle the broth and vegetables into your blender and puree. Pour each batch into a bowl as you go. Pour the puree back into your pot.

4. Over medium heat add milk and cheese and stir until the cheese melts. Add salt and pepper to taste.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. List-ending abbreviations
5. _ de soie (Silk cloth)
9. Pump-wearer's relievers
14. Capital of Qatar
15. Donations
16. Extreme
17. Egyptian sun god, variantly
18. _ up (Become tight-lipped)
19. Birth-related
20. Character in "The Jungle Book" (2016)
22. Plotter's strategy
24. Author Ms. Hinton, et al.
25. Encumbrance
27. Heavenly god in ancient Greek mythology
30. _. donor (Unknown benefactor)
31. 1988: "A Little Respect" duo
32. _ Dog Night
35. Relax
37. Historic time
38. Open court hearings
39. Wax-stripping site
40. Someone who appraises
42. Dictionary abbr.
43. Range in Quebec, _ Mountains
45. Keeners
46. Invent, as a story or idea: 2 wds.
48. Bivouac
50. Frozen fruity treat
51. _ carpet
52. _ of the Covenant
55. _ and Delilah
57. Memoirs of a _ (Arthur Golden novel)
59. "Clueless" (1995) actress Ms. Donovan
61. Knitting supply
63. Luxury fashion label
64. Coal _
65. TV/movies actor Rob
66. Recipe instruction, _ _ pinch of salt
67. 1991 Warren Beatty title movie gangster role
68. Proofreading mark
69. Airline reservations spot

DOWN
1. Red wax cheeses
2. From head-_-_
3. Enjoys gum
4. Performed a ballad
5. "Serpico" (1973) star Al
6. Kay's alphabetic follower
7. Accumulate
8. "Gomer Pyle, _._._._."
9. Silent movie Western starring Canadian actress Mary Pickford's younger sister Lottie, "The Man from _ _" (1918)
10. Doubled-letter-beginning creatures
11. Diminish in strength
12. 1708 Attilio Ariosti opera, Amor _ Nemici
13. "My Gal _" (1942)
21. "She said I don't know / Must be in my soul..." hit by Canadian band Chilliwack: 2 wds.
23. Catapult
26. Take a fastener off the papers
28. Cheering-on person
29. Soothsayers
30. _ Lingus (Irish airline)
31. Ten person race placement
32. Some amphibians
33. Household bill, commonly
34. _ Rapids (Watery wonder in New Brunswick)
36. Fellows
41. Do film work
44. Disapproving utterances
47. Puts down
49. Wee raptor
51. Nose-in-the-air type
52. Hit's place on a vintage record
53. Valerie Harper sitcom character
54. 18-_ gold
56. Stealth birds
58. Ms. Lupino's
59. Pol. abode in Ottawa
60. Lucy of "Ally McBeal"
62. Be beholden

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Travel plans look exciting! Talk to a close friend or partner about plans to expand your world through further studies, publishing or exploring new places.

Taurus April 21 - May 21
Financial discussions will go well today, especially if they refer to shared property, inheritances, taxes and debt. Even discussions that are work-related will financially benefit you.

Gemini May 22 - June 21
This is a good day to discuss business with others. It's also a good day to enjoy the company of others and just hang out with friends. Basically, you just want to be happy.

Cancer June 22 - July 23
You can accomplish a lot at work today because your relations with coworkers are positive. For some, workrelated travel will be pleasant and profitable.

Leo July 24 - Aug. 23
This is a positive day, because the Moon is in your fellow Fire sign dancing with lucky Jupiter. This encourages happy, upbeat vibes with everyone you meet. Enjoy playful activities with children.

Virgo Aug. 24 - Sept. 23
Family discussions will go well today. This is a good day to explore redecorating ideas that you have been considering.

Libra Sept. 24 - Oct. 23
This is a strong day for those of you who write, sell, market, teach or act, because your communication skills are strong. Enjoy conversations with siblings, relatives and neighbors.

Scorpio Oct. 24 - Nov. 22
Business and commerce are favored today. You also will enjoy buying something for your home or exploring realestate possibilities.

Sagittarius Nov. 23 - Dec. 21
Today the Moon is in your sign dancing with your ruler, lucky Jupiter. That's why you feel happy, relaxed and content with the world. Things will tend to go your way today.

Capricorn Dec. 22 - Jan. 20
Solitude in beautiful surroundings will please you, so find a private moment just for yourself. Even a quiet cup of coffee with a newspaper will be a moment of luxury.

Aquarius Jan. 21 - Feb. 19
A female friend can help you today. Be open to offers of assistance. In turn, don't hesitate to ask someone for help.

Pisces
Feb. 20 - March 20
Personal details about your private life are under discussion by others today. No worries, because things look positive. In fact, people are saying good things about you!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		6		7		1		
		3						
5	4			1				8
			4	6	8			
7		2				4		3
			7	3	2			
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		1		5		2		

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9	7	3	5	4	8	1	6	2
6	4	1	9	3	2	8	5	7
8	2	5	7	1	6	4	9	3
2	1	7	6	9	4	5	3	8
4	5	8	1	2	3	6	7	9
3	6	9	8	5	7	2	4	1
1	3	4	2	7	5	9	8	6
7	9	6	4	8	1	3	2	5
5	8	2	3	6	9	7	1	4

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